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Volume 2, Number 10

Published Alternate Wednesdays for the Women and Men of the Gay and Lesbian Community

October 5, 1983

Million Gay Voters For '84 Is Goal Of National Registration Drive

National and local lesbian and gay organizations jointly announced a voter registration drive Sept. 22, The Associated Press reported.

The aim of this voter registration drive is to build the political clout of the American lesbian/gay community, with the goal of adding 1 million gay and lesbian citizens to the voter rolls by the 1984 elections.

The groups represent men and women, Democrats and Republicans, blacks and whites, and they promise community-based efforts in many cities around the country.

"It's important for the politicians to know the strength of our numbers," said Mike Walsh of the Gay Rights National Lobby, one of the groups involved in the effort. "Our numbers will help erase our invisibility."

"This effort reflects our continuing determination as gay men and lesbians to be involved in the decisions that affect our lives," said Virginia Apuzzo, executive director of the National Gay Task Force, at the news conference announcing the drive. "The first step is to get people registered. And this is a bipartisan effort."

Voter registration drives are a key feature of the political scene leading up to next year's elections. Other groups have already announced major efforts to register blacks, women and Hispanics.

The six national groups leading this registration drive are the Human Rights Campaign Fund, National Association of Gay and Lesbian Democratic clubs, National Coalition of Black Gays, the Walt Whitman Republican Club, the National Gay Task Force and the Gay Rights National Lobby.

Apuzzo said the national groups will work with local organizations, providing technical assistance, expertise and some money to execute registration drives.

About 10 percent of the population is gay or lesbian, which would mean about 16.5 million people of voting age, based on the 165 million Americans over age 18. The groups said there are no reliable figures on the number or percentages of lesbians and gay men who are registered to vote, but that their goal is to add 1 million

new voters in the next 13 months.

In Sacramento, the River City Democratic Club worked on registering voters in the months before the recent mayoral and city council primary election. And in 1982, Gay Vote '82 registered about 1000 gay and lesbian voters for the election in which Robbie Waters was elected Sacramento County Sheriff.

The speakers at the news conference repeatedly emphasized that the coalition is trying to register voters, and that no effort is being made at this point to endorse candidates.

"It's not just Democrats and liberals in the gay community," said Carolyn Handy, president of the Walt Whitman Republican Club.

Handy added that President Reagan is still a question mark for her group.

"The Republican gay community has not made its mind up on President Reagan," she said.

Apuzzo said the lesbian/gay community wants to be "a major presence at both the Republican and Democratic conventions." She said there were only four openly gay delegates at the 1976 Democratic convention, but 77 at the 1980 meeting. *

'Dan White' Law To Share Book Profits With Victims Signed

On Sept. 23 Gov. George Deukmejian signed legislation prompted by the Dan White case, letting crime victims or their heirs collect profits from a felon's sale of the story of the crime, according to The Associated Press.

The bill, AB2102 by Assemblyman Art Agnos, D-San Francisco, is patterned after New York's "Son of Sam" law, passed to prevent convicted multiple murderer David Berkowitz from profiting from the sale of his story.

The legislation also was in response to a San Francisco Superior Court ruling dismissing a lawsuit aimed at setting aside the proceeds of any book written by White, the former city supervisor who assassinated Mayor George Moscone and Supervisor Harvey Milk in 1978.

Effective next year, Agnos' bill will require the proceeds of sale of any book or rights to the story of the crime by a convicted felon to be placed in trust.

The trust would provide a fund for damages awarded by a court to the victim of the crime, or to a family member in the case of a homicide. After payment of all claims and several other types of costs, the felon could collect anything that was left. *

Navy's Gay Discharge Policy Challenged As Unconstitutional

The Navy's policy of discharging gay men and lesbians was challenged in court Sept. 29 as being unconstitutional and reducing a large segment of the population to second class status, The Associated Press reported.

The policy says that "because of your sexual orientation, you are a lesser person and therefore not fit to serve this nation," said Stephen Bomse, a lawyer representing a petty officer who was discharged after nine years in the Navy.

James L. Dronenburg, a linguist in Korean and a cryptographer who once was offered a \$12,000 re-enlistment bonus, was discharged in April 1981. He lost a suit for reinstatement in U.S. District Court and turned to the U.S. Court of Appeals in San Francisco. A decision by the court could be months away.

"I liked my job, I thought I was good at it and the Navy seemed to, also," Dronenburg said. "I liked the life. I caused nobody any trouble and as such, I didn't see why I should be kicked out."

The Navy cited an instruction from the Secretary of the Navy which requires the separation of homosexuals from the service because "the presence of such a member (of the Navy) in a military environment seriously impairs combat readiness, efficiency, security and morale."

William G. Cole, a Justice Depart-

ment lawyer representing the Navy, argued that Navy personnel live in close quarters, often they are teenagers, and that the presence of gay people in the service might hurt recruiting efforts.

He said Dronenburg, who was 27 at the time of his discharge from the Defense Language Institute in Monterey, Calif., had sex with a 19-year-old seaman recruit and two others.

"There is no constitutional right to engage in homosexual conduct," Cole said, adding that 30 states have made homosexuality a crime.

Bomse told the court that "the Navy is very tolerant of heterosexual conduct" and that it must decide whether gay persons are entitled to the same constitutional protections as anyone else.

"The Navy policy is not justified in any way," Bomse said.

Dronenburg, an accounting student at the University of Maryland, said he would rejoin the Navy "in a heartbeat" if his challenge is upheld.

"I certainly would not say I'm fighting for everybody," he said. "I'm not. I believe there are conduct standards. I believe there are professional standards. I believe I more than met those standards and it irks me to be kicked out of a job... for something that had no effect on it." *



Star Photo By Tim Warford

Attorney General's Gay Liaison

Emil Stepanovich (right) liaison to the gay and lesbian community for State Attorney General John Van de Kamp, told Advocates for Gay and Lesbian State Employees that the Attorney General's Office will be playing a stronger role in civil rights cases during the administration of Gov. George Deukmejian. AGLSE President Boyce Hinman (left) urged Stepanovich to take an activist stance within the gay community.

800 Signers Ask For Studds' Resignation

At a packed, volatile meeting August 15 with constituents in Dennis, Mass., Rep. Gerry Studds was presented with two petitions bearing more than 800 signatures calling for his resignation. Sign-toting protesters picketed outside, ac-

cording to The Associated Press.

George Fallon, chairman of the Dennis selectmen, presented the first petition with 314 signatures. Fallon called the congressman's sexual affair ten years ago with a male House page "inexcus-

able."

The unfavorable reception was a switch for Studds, who has drawn applause in three previous appearances in his district since his House censure for the page affair.

But Studds also received a petition of support, and a former page said Studds "is the perfect example of the way a congressman should be."

About three dozen pickets inside and outside the meeting hall carried signs reading, "Studds Must Resign," "Dump Studds," and "Get the Gay Out."

Studds said he would accept the petition like he accepts all petitions from voters.

Louis Parascand presented a second petition calling for Studds' resignation, saying he had collected over 500 signatures in evangelical churches on Cape Cod.

"His arrogance and lack of attrition is further reason to see him out of office," Parascand said.

Editor's note: It seems likely that Parascand meant "contrition," not "attrition."

But Debbie Kelley, 27, of Dennis, countered by presenting a petition calling for Studds to stay in office. It contained about 40 signatures and she said more

were being collected in the auditorium.

Sandy Horrigan, 19, of Dennis, who was a page in 1981 and 1982, brought applause when she defended the Massachusetts Democrat.

"First of all, the pages at 17 are not little children," Horrigan said. "They were chosen because they were mature and responsible enough to live on their own and work long hours ... and to decide their own sexual preference."

She continued, "All the pages I know think Congressman Studds is brilliant, witty, friendly, dedicated, hardworking and a competent member of Congress."

Frank Wegmann criticized Studds, a Democrat, for being involved with someone for whom he had responsibility.

Studds replied that the relationship did not involve coercion, harassment or preferential treatment.

"I presume there are congressmen who are married to their secretaries," said Studds. "I made a foolish error in judgment. I would give anything—well not anything—I wish it didn't happen."

During the past two weeks, Studds has appeared in public in New Bedford, on the island of Martha's Vineyard, and Hyannis where most people applauded the censured congressman. *

AS I SEE IT Basking In The Glow

By RICK RUMAN

"...and then he told me that he made \$50,000 the first year and \$6 million last year, and that it gets him whatever he wants," Bobby said.

"Money talks," I said.

"His didn't speak my language."

Bobby and I were having breakfast at a local eatery: great greasy gobs of corned beef hash, steaming cups of weak coffee, and fabulous dishes.

We hadn't seen each other for months and had a lot to catch up on. "How did you come to start writing for the paper?" Bobby asked between mouthfuls of eggs over-easy.

"I picked up a copy of the paper and saw that they were looking for people who knew how to write," I said.

"And they did they ever find anyone?" Bobby asked, then laughed. "You must think I'm awful."

"Oh, no," I said. "It's a pleasure to know someone who is *intelligent* enough to completely destroy me with sarcastic remarks."

"Sorry," he said, and reached across the table and laid his hand on mine.

"Careful," I said. "Your humanity's showing."

We both laughed.

"Where do the ideas come from?"

"Certainly not from conversations like this one," I replied.

"Oh? I suspect that's exactly where they *do* come from."

I just smiled.

"I've got a little story for you. Maybe you can use it. It's about my latest romance."

We both clutched our coffee cups and leaned forward a little. Bobby looked down at his cup and sighed.

"I met this guy in a bar. I thought he was so gorgeous that I couldn't get up the nerve to approach him, so I talked a friend of mine into finding out his name and then introducing me."

"We seemed to hit it off right away. Besides being incredibly attractive he was intelligent and interesting—and interested in me. We dated pretty regularly for about a month, but neither of us ever talked about how we felt about one another. One night I couldn't stand it any longer. I just had to know if he felt like I did. I was in love."

"We were lying in bed and I asked him how he would describe our relationship. 'Is it a casual affair?' I said. 'Is it a brief romantic interlude?' Sometimes I wish I could be more serious."

"He rolled over and looked at me. He smiled that big smile of his that nearly glows in the dark. 'You want to talk about that?' he asked."

"I said 'Yes,' but right away I wished I hadn't. I was afraid of what I might hear. He wasn't smiling. I stroked his lips with my finger—just brushing his moustache."

Bobby took another sip of his coffee. "Am I boring you with this?" he asked.

I shook my head.

"He rolled over and was quiet for what seemed like minutes, but I'm sure it was only seconds. I could hear him breathing. I moved my foot against the sheets and it sounded like fingernails on a blackboard to me."

"Finally I said, 'Well?' I was afraid of what I might hear but a little angry that he couldn't or wouldn't tell me. 'You might not want to hear this,' he said, but pulled my arms around him and held my hands tight in his."

"Then he said, 'I love you.'"

Bobby picked up his coffee cup and cradled it in his hands, took a sip and stared over the top of it, past—or through—me.

"You must have felt wonderful," I said. Bobby didn't seem to hear me; I didn't repeat the question. I just sat there basking in the glow. *

Rape Crisis Center Seeks Volunteers For October 17 Counselor Training Session

The Sacramento Rape Crisis Center is offering another training session beginning October 17 for women interested in volunteering on the rape crisis line (a volunteer responds to a call from her home).

The crisis line volunteer will not only be responding to the immediate needs of the victim, but may also accompany that person through the medical examination, investigation by police and prosecutor, and throughout all trial hearings when possible.

The Center especially needs women who are bi-lingual, and who have special skills to meet the rising demand for services in Sacramento County.

Some of the qualifications of a good volunteer are:

- Ability to deal with stressful situations and use good judgement during emergencies.
- Ability to be supportive, objective and non-directive while outlining options and choices to others.
- Ability to communicate effectively and

keep good records.

- Ability to work with people of many backgrounds and lifestyles.
- Willingness to make a time commitment to the Center.
- Willingness to keep good records and turn them to the Center promptly.

Women who are interested should contact Shaila Rao at 447-3223 by October 12th. *

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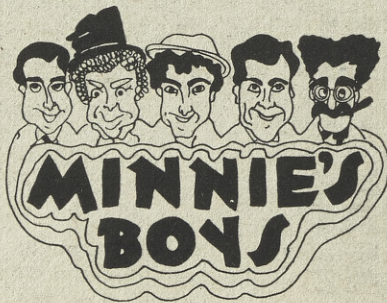
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HEALTH

AIDS Threat Demands Risk Reducing Action

By SANDY POMERANTZ, M.D.

The Center for Disease Control (CDC) has published its latest AIDS body count—as of September 2, 1983, 2,259 people in the United States and Puerto Rico had AIDS. Of these people, 941 had died.

Three percent of the cases were diagnosed before 1981, 10 percent in 1981, 39 percent in 1982, and 48 percent (1,087) in 1983 alone. And the year is not yet over.

According to the report, there were 470 people in California with AIDS. By

October 1, the number had risen to 600. Eleven percent of all cases were in San Francisco and 7 percent in Los Angeles, leaving approximately 100 people with AIDS in California but outside San Francisco and Los Angeles.

It makes me ill looking at these numbers and knowing that we still do not know:

1. What causes AIDS,
2. Exactly how it is transmitted, or
3. What will restore normal immune function.

What we do know is based on disease models and epidemiologic surveys and medical history. The AIDS agent is hypothesized to be transmitted sexually or less commonly through contaminated needles or blood. AIDS is not known to be transmitted through food, water, air, or environmental surfaces.

Only 1 percent of the total number of people with AIDS do not belong to one of the following categories:

1. Sexually active gay or bisexual men who have had multiple partners (71 percent of total, 92 percent of California cases).
2. Intravenous drug users, present or past (17 percent of total; 51 percent of women with AIDS are IV drug users; women make up 7 percent of the total AIDS cases).
3. Natives of Haiti now living in the U.S. (5 percent of the total).
4. Heterosexual partners of persons with AIDS (1 percent of the total).
5. Recipients of blood transfusions (1 percent of the total).
6. Persons with hemophilia A or Factor IX deficiency (1 percent of the total).
7. People whose risk factors are still under investigation (three percent of the total).

The message is ominous and clear. Behavioral steps need to be taken within the populations of high risk to stop the epidemic.

The cholera epidemic of 1832 in London, for example, was stopped by breaking off the handle of the pump on the well that was the source of the epidemic—namely, the contaminated water. Yet it was over 40 years later that the bug that causes cholera was identified, and well over 100 years until effective treatment was established.

Need I say any more about risk reduction and safe sex?

For more information about the steps you can take, contact the Sacramento AIDS/KS Foundation at 448-AIDS or the National AIDS Hotline at 1-800-342-2437.

A final note: just recently our community lost a 71-year-old man with AIDS, who died after a valiant battle against PCP (Pneumocystis carinii pneumonia), the most common and lethal pneumonia (infection of the lungs) of the AIDS illnesses.

As many of you know, 50 percent of the people with AIDS are between the ages of 30 and 39, and 20 percent each are between 20 and 30, and 40 and 50. Hence 90 percent of all cases are people in the 20-50-year-old bracket.

But, to be under 20 or over 50 is no protection, and is not in itself a risk reduction, let alone "safe."

The same goes for racial characteristics, family history of cancer or the absence of cancer, or sexual technique when there is exchange of body fluids. As noted in Dr. Thompson's article in the last issue of The Star (September 21), studies have not consistently found that being "top" is safer than being "bottom."

The most consistent and universal finding in the epidemiological studies, however, is the high number of different

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'Franny' Is A Microcosm Of Gay History, Just Right For Theatrical Performance

Franny: The Queen of Provincetown by John Preston. Alyson Publications, Inc. Paperbound, \$3.95.

Reviewed by CAROL BROWN

Franny is many things. It is a mini-history of gay people since 1950, it is a novel with a potential for dramatic interpretation, it is a celebration of the role of the queen, and it seems far too short. As at a good dinner, the reader wants second helpings.

In the epilogue to the book, John Preston states that what brought history alive for him and made him feel like an American were not the courses that he had in school, or the books that he read, but rather his grandmother's reminiscences. *Franny* is his effort to provide similar reminiscences as a kind of living gay history. The book recalls selected incidents in the life of a drag queen from 1950 to the present.

Just as typical reminiscences relate disconnected incidents, skip from time to time, and are sketchy, so the history of Franny and his associates is presented. But unlike real recollections where people must be represented by others, the characters who make up Franny's history come alive and speak for themselves.

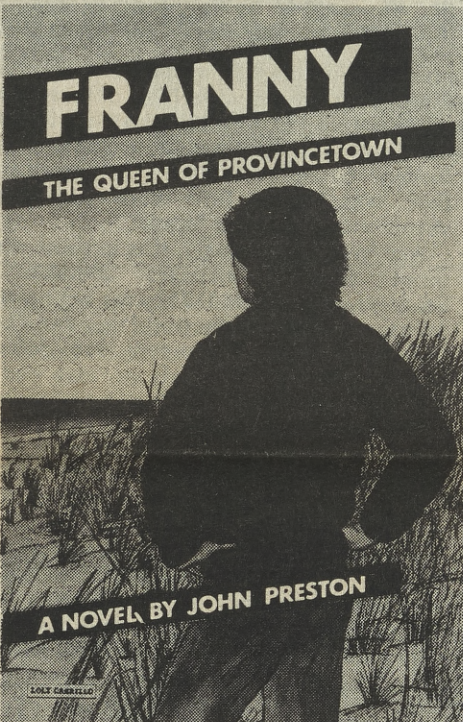
The characters tell their story individually as though to a contemporary interviewer of theater audience who seeks to understand each person's life, viewpoint and influence on Franny.

Key moments and people in Franny's life are featured: an early moment when he accepts his role in life and proudly tells the rest of the world what it can do; his first love, a brave young man who falls victim to shrinks, drugs and the times, and finally takes his own life; an old school buddy, a successful gay businessman who, influenced by Franny, comes out of the closet and provides opportunities for young gay workers; and various other friends and lovers who form part of Franny's life and reign in Provincetown.

Each character reflects some aspect of his own time as well as his influence on Franny. Since these people speak directly to the audience, the book could be effectively

staged with a minimum of props and scenery (it was staged prior to publication), and it would be very exciting to see it produced in Sacramento. Dramatic interpretation would provide an added dimension, fleshing out characters and making them even more real.

The format of the book is interesting, the potential for dramatic production is exciting,



and Franny and the other characters are vivid and appealing. But perhaps the most important feature of the book is that it provides a living history of more troubled times for those younger gay people who did not experience them.

If freedoms already won are to be kept and more victories are to be fought for, everyone must understand how it was before, and keep constant vigil. *Franny* provides that essential background through recognizable characters that we can believe in. *Franny* is well worth the short time that it takes to read.★

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Gay Adventists Send Info To 700 Pastors

Seventh-day Adventist Kinship International, Inc., has mailed "information packets" on homosexuality to a pilot group of nearly 700 clergy in the fundamentalist denomination. The free packets are intended to help pastors understand homosexuality better and, ultimately, treat gay people in their congregations more compassionately. The cost of about \$4 per packet was donated by Kinship members.

SDA Kinship, whose mailing list exceeds 500, was founded in 1976 as a support group for gay men and women of the Seventh-day Adventist Church, where standards of conduct in all areas remain more conservative than in most faiths. Many of its gay members have left the Church feeling condemned and shunned, and SDA Kinship believes it has a duty to play an active role in getting the Church to treat gay parishioners more compassionately—and counsel them

more appropriately.

"Gay men who have gone to their pastors feeling alone and confused by their sexuality have often been told that all they needed to do was to marry a nice girl," said Robert Bouchard, president of the group. "Pastors have grown up with the same ignorance and misconceptions as everyone else in our society, and most of them never received training in this area."

The information packet includes an annotated bibliography, a booklet that discusses the biblical "proof" texts traditionally used to condemn homosexuals, and articles on the history and purpose of SDA Kinship, what it's like to grow up gay and Adventist, and on homophobia.

"We're using a soft approach," says PR Director Larry Hallock. "We don't expect to change the Church's mind on homosexuality, and we're not even asking for that. We just

want them to think about it. We hope they begin to realize the issues are not as cut-and-dried as they might have thought, and to recognize the pain that unfounded biblical notions and inappropriate counsel can bring."

The packet's cover letter told pastors: "We are not asking you to 'accept' us, or begging you to condone this or that lifestyle or behavior... But one thing is certain, Adventist gays need pastoring, too... We'd like to help you understand us a little better..."

Church officials have met with SDA Kinship, but they refuse to recognize the gay group officially. In fact, the Church partially funds a program for helping homosexuals to change. Still, SDA Kinship plans to extend its educational project to more of the Church's thousands of clergy if the pilot mailing is successful. It will be considered successful, Hallock says, "if the overall response ranges

from moderate outrage to a friendly comment here and there."

Persons wishing to contact SDA Kinship may write to P.O. Box 1233-B, Los Angeles, CA 90078; or call (213) 876-2076.★

Art Auction, Wine & Cheese Party Oct. 7 For Gay Raza Group

Raza del Ambiente, a lesbian/gay organization for Latinos and Native Americans, first met early in August and has met with great acceptance, according to Angel Xavier Magallan, one of the organizers.

After meeting every two weeks to get acquainted, set goals, and plan activities, Raza del Ambiente held a "Don't Forget the Salsa" potluck on Saturday, Sept. 24. More than 40 women and men gathered for a celebration of *raza* and *cultura*, with an enthusiasm reflected in such comments as "It's about time we did something like this" and "Why didn't we do this a long time ago?"

The group has also planned a fundraiser for Friday, Oct. 7, featuring a wine and cheese reception and an auction of works by local Chicano and Native American artists. The public is cordially invited to attend the event and support Raza del Ambiente. It starts at 7:30 p.m. and will be held at 1714 Poplar Lane in Davis.

In addition to these scheduled activities, Raza del Ambiente has been discussing overall goals and purposes for the group. Among them are to be a consciousness raising and support group for gay and lesbian Latinos, both within the Latino community and within the gay community; to promote and perpetuate their Latino cultural and social heritage within a lesbian/gay "family" context; and to provide an active outreach into the gay community and into the Latino community about the existence and experience of gay and lesbian Latinos.

The next meeting of Raza del Ambiente is scheduled for 7:30 p.m. on Tuesday, Oct. 11, at 2222 H Street. For more information, call Adrian at 446-2488.★

Foundation For AIDS Medical Research Set Up In New York City

A new foundation has been established in New York City to find a solution to the problem of Acquired Immune Deficiency Syndrome (AIDS). The AIDS Medical Foundation, a not-for-profit organization, will support selected outstanding scientists in their research efforts to determine definitively the cause(s), and means of treatment and prevention of AIDS.

This foundation is one of the first private efforts to address this national health crisis through basic scientific research. Initial funding has already been generously contributed by the Mathilde and Arthur B. Krim Foundation.

The Foundation's Chief Medical Officer is Dr. Joseph A. Sonnabend, a distinguished clinician, virologist and microbiologist with a private medical practice in Manhattan. Dr. Sonnabend is also Editor in Chief of the new "AIDS Research" journal. Twenty percent of the privately-published journal's profits will be donated to the foundation.

The AIDS Medical Foundation intends to seek funding from government, private individuals and corporate donors.★

RELIGION

The Assault On Gays

Fundamentalists In Closets

By TOM RICHARDS

You can feel a lot of pressure for being gay. It comes from society in general, family members, churches, the people you work with, and even friends. It can do much damage to the individual and foster feelings of self-doubt and worthlessness.

But the worst pressure an individual has to live with is the pressure he allows to be put on himself. All scientifically conducted accounts that study the issue of homosexuality agree on one thing: a person's sexual orientation is probably determined before a child's third birthday. After that very little can be done to change it.

I know. I spent twelve years of my life in evangelical Christian circles in a position of full-time service and leadership. All this time I was gay but had a hard time even admitting it to myself. Feeling that it was wrong and sinful to be homosexual (after all, I had been taught this in church and thought I had read it in Scripture), I prayed daily for "deliverance" from my condition and, by faith, proclaimed myself "normal."

During this time I remained faithful to what I believed was right. I had no sexual contact with anyone for a dozen years. I began praying more and more earnestly for God to deliver me from my "problem." During vacation periods, I would fast and pray for days, having no contact with anyone, thinking that this would finally be the day that the Lord would cause a great miracle to happen in my life and make me straight. As the years passed, I became even more insistent and cried out to Him for hours every day for some sort of deliverance. I was in my early 30's, had lived alone for twelve years, and still was not attracted to women.

So I called a Christian gay-help center near San Francisco a number of times and spent a great deal of time and money talking with the "reformed" homosexuals that lived there. They had given it all up and said they were happy. They were not heterosexual, they were still tempted by their old life, they knew they would never marry. But they said they were finally happy.

However, after talking to them a while and getting into a deeper discussion on the matter, their underlying despair began to become apparent. As one of them put it, "I know I'll always have to live in a closeted community like this for the rest of my life. But at least I'll get to go to Heaven when I die."

The other groups I contacted reported the same thing. But at least they were honest about it. Having read a book about a gay man who prays to God for help and is delivered almost immediately (you can imagine how this made me feel since I had been praying earnestly for years!), I got in touch with this man's ministry only to find out that, "Well, it didn't happen in quite the way the book says. No...uh...well...God will help you one day at a time. Goodbye."

And then abruptly, and not of my own

doing, a political movement in the church occurred that effectively ended my ministry. What was I supposed to do now? I could have sought a similar job and probably found one. But I sensed there was something better in life somewhere and now was the time to do something about it before it was too late.

My difficulties in coming out were many. The worst part about it was I still believed what I had been told about homosexuals. All the years of conditioning were hard to shake.

Everyone in the born-again movement is inundated with dire tales of the moral depravity and gross indecency of the homosexual. In word and in print, fundamentalist teachers and authors label gays as communists, perverts, child molesters, Satan worshippers, animal abusers, socialists, and atheists. They teach that it is impossible for the homosexual to be happy since he is living out of harmony with God and nature. They depict the life of a gay person as one of constant loneliness, hopelessness, and the futile searching for love.

"There are probably more homosexuals in born-again churches, particularly in leadership positions, than in any other occupation per capita."

So when I came out, I had an inordinate amount of "teaching" to work through. And what I learned almost immediately was that everything the fundamentalists taught concerning gay life was erroneous. I was shocked then and am still amazed today by their utter lack of truthfulness and honesty on this issue.

The myths concerning homosexuality in the born-again Christian movement could fill volumes. Mention this subject to a fundamentalist and it's like waving a red flag in front of a charging bull. They will not try to understand or even be objective in the matter. What they will do is distort, twist, and confuse the minds of people who will accept almost anything they have to say. It really makes you wonder sometimes why truth and fairness are such little practiced virtues in this movement.

And why the excessive hatred toward homosexuals in particular? The answer, of course, is that there are probably more homosexuals in the born-again churches, particularly in leadership positions, than in any other occupation per capita.

Many of these men enter the church and church-related work because gay-oriented

men have more of an openness to spiritual things than non-gay men. Most of these men in the church end up getting married, feeling that this will take away their inclinations and feelings. Of course, this does not happen and their lives become little more than bitter shams with a spiritual facade.

And most interestingly, it is in these very people that the strongest aversion to homosexuality is found. They are not happy, even though they tell the world they are. They live daily lives of boredom and defeat, secretly admiring the openly gay man who is contented and happy and is meeting life realistically. To avoid this psychological trap and to try to make himself feel better, it is natural that such a man turn his attacks on the group that subconsciously is making him unhappy: gays.

Now while this is certainly a simplified and cursory explanation, there are thousands of men in the born-again movement today who fit this description perfectly. And it's these very men who scream and rage the loudest



when it's suggested that a gay person can be a Christian also.

If you are gay or unsure of your sexual orientation, don't allow other people to tell you what's right and wrong. You don't need their guilt trips and hang ups. If you believe in the Bible, read it. You will find that there is absolutely nothing against homosexual love in Scripture. (There are injunctions against homosexual lust, however, just as there are prohibitions against heterosexual lust). Don't allow the fundamentalists, who are so consistently anti-God and anti-love, a chance to ruin your life with their false teachings and practices.

Because of the efforts and false teaching of the religious fundamentalists, there is more than enough hurt and confusion in the gay world. Put yourself in a position to be of help and service to others when they need you and you will be fulfilling the second greatest commandment: to love your neighbor as yourself.

We can only wish the fundamentalists would get to this point.★

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RIP-OFFS & ROSES

Home Computers: Buying A TV To Talk To

Sometimes, the greatest consumer dissatisfaction comes from products that do exactly what they're supposed to do. The problems arise from what the purchaser's expectations are, and if the salesman hasn't misrepresented the product, it's just another case of "Buyer beware!"

Few, if any, products that can be used for many different purposes or in many different styles are equally good in all applications. An automobile that's perfectly satisfactory for a family with children may be a real lemon for someone who wants a sports car. The cheap mixer that works so well for a dabbler in the kitchen just won't do for a cook who wants to knead bread.

That's the main problem these days with the latest big-ticket purchase item, personal computers. Computers are mysterious enough to most people; the jargon alone—"bits," "bytes," and "RAM"—puts many of us off. Yet there's no doubt that a personal computer is a handy thing to have, and one that will become handier, maybe even indispensable in the future.

To us, it seems that most of the problems associated with this new tool have come from a wrong-headed approach. The emphasis on the instrument has been on the "computer" part of its name. We want to shift the accent to the "personal" part.

After all, that's why you'll be buying the instrument. It's there to help you, not to require more work from you than you put into the job it's supposed to make easier. And, as a result of that shift, we're recommending a different way to buy your computer. Instead of trying to compare a glut of mysterious machinery, go at it from the other end; what do you want the computer to do for you? What will your use of the machine require? Which of the many jobs that it can do will fit your needs?

One of the best examples we can think of in this situation, and the one we're most familiar with, is the use of a personal computer for word processing. For professional writers, people who dabble in writing, even some who only want to have better-looking correspondence and a record of it, this is a godsend.

With word-processing, you merely type your message (novel, short-story, letter, or simple note) on the computer keyboard, just as you would on an ordinary typewriter. The computer holds the material in memory. After you're finished (and even while you're still working) you may make corrections, change paragraphs from one position to another, or add or eliminate whole sections, all without correction fluids or erasures. Some programs will even check your spelling for you and correct your errors.

Once your copy is exactly as you want it, the computer will print out the material perfectly (and rapidly). You can store the material on discs or tape, or erase the whole thing once you're through, if you want.

Let's say you think that's a great idea. Much to the surprise of computer manufacturers, word processing has been a giant spur to the growth of personal computer sales. There are some catches: first, the key to the value of the whole system for you is not so much the computer itself (which is called "the hardware") but the program that is written to tell the computer how to perform all these wonderful tasks. That's called "software."

You have to find the program—the software—that does the job the way you want it done in the manner that you find easiest. Worse, you have to determine which computers can use the program you've selected. That can be difficult.

Some of the giants in the field have realized this. Apple computers, one of the big sellers, found that its much-vaunted Apple II was not adequate to the task of word processing. For that reason, they modified what had become the Volkswagen of the industry, giving us the Apple IIe and Apple III, which offer far more capability in that area. Commodore, another popular model, finds itself held back by the tiny screen; its four-inch monitor just won't hold enough information to be useful in this application.

There are other hardware problems, too. Joining the printer to the computer requires special wiring in most cases. But our recommendation is to leave that to the experts. Unless you want to spend an

you want to play games? Design graphics? Though many things may sound like fun, you'll have to select one or two major uses to head your list, then add others that are peripheral.



inordinate amount of time in education and investigation, we feel that hardware considerations are out of the realm of most buyers.

What we propose is that you first sit down and list the things you want your computer to do for you. Do you need financial aid and planning? Do you want word processing? Do

Now, educate yourself about the use that you intend for the computer. "Writer's Digest" for September of this year lists 31 different word-processing programs. Each of them works differently, offers special features, and can be used only on certain computers. "Personal Computing" magazine also runs features on financial, graphics,

and other types of software.

See if you can narrow your range to a few software programs that will perform the duties you want done. Then, go to a computer store, preferably one that offers a range of brands and prices. Ask about your software ideas first; see if you can have a demonstration of the program, not the computer, that you think is best for your needs.

If that software seems to work well and easily, then you'll be able to start looking at the computer that will meet your needs. See if your local computer store offers training seminars or educational programs; "hands-on" training with a guide will help you decide about your purchase, and make it a lot simpler to begin once you get home.

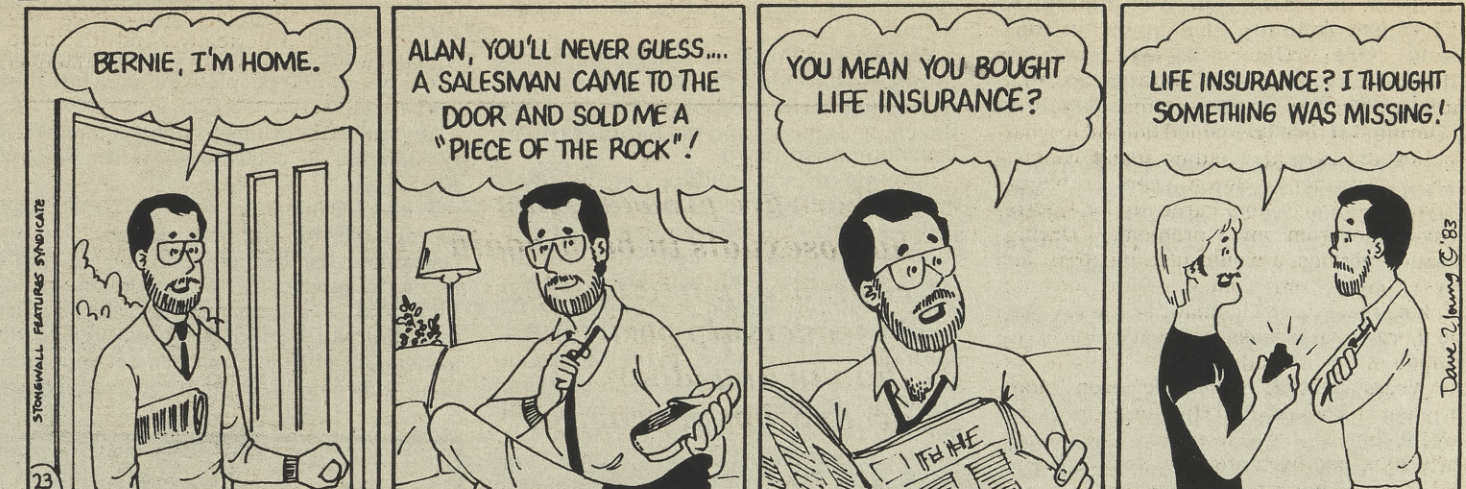
Remember, at all times, that this purchase is for your convenience, not that of the vendor. Insist on getting the results you're looking for, and be wary of being switched from one program to another simply because "it works better on our sale computer." You're going to be stuck with your purchase for a long time.

Try to find a salesman you can talk to easily. In most cases, your choice of hardware and software combination will require (as we mentioned in connection with the printer) some special expertise. If you buy all your equipment from the same location, you'll be far more likely to get understanding help than if you buy software one place, hardware another. Don't let the dread "It's their fault, not ours!" syndrome wreck your fun.

And it will be fun! No matter what your purchase winds up being, you'll find possibilities you never knew were there. But the main thing you should feel is a relief from the drudgery. The point is for that to happen, and to avoid another kind of mistake that puts you in the position of being a slave to your electronic marvel. Get the one you need, not one that needs you. ★

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BERNIE



5-Play Season For City Actors Theatre

Sacramento City Actor's Theatre (SCAT), the community theatre on the Sacramento City College campus, will present five productions in its 1983-1984 season.

"Juno and the Paycock" by Sean O'Casey will run four weekends beginning October 7.

"The Matchmaker" by Thornton Wilder runs November 11 through December 10.

"Who's Afraid of Virginia Woolf?" by Edward Albee plays February 3 through 25.

"Annie Get Your Gun" by Irving Berlin will be seen for three weekends starting March 16.

"Sly Fox" by Larry Gelbart closes the season with a run from April 27 through May 19.

All performances are Friday and Saturday at 8 p.m. Season ticket holders will not only save \$8.50 over the individual ticket price, but will also receive preferential seating. For more information or a season brochure call 449-7537. ★

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Airman With AIDS Wins Retirement With Medical Benefits In Fight With Air Force

Airman 1st Class Raymond E. Orsini has been granted a medical retirement from the Air Force with full disability benefits after contracting Acquired Immune Deficiency Syndrome, The Associated Press reported.

Orsini, currently stationed at Norton Air Force Base near San Bernardino, Calif., is the first person in the Air Force to go through a formal personnel evaluation board hearing and the appeals process because of AIDS, said spokesman Maj. Joe Purka.

"It sets absolutely no precedent whatsoever," Purka said. "Each case will be handled on an individual basis."

Orsini, 27, will be retired at 100 percent disability beginning Sept. 7 and will receive retirement pay equal to 75 percent of his monthly base pay of \$733, Purka said.

Orsini has said he is not homosexual, but has admitted having several "bisexual encounters."

The decision came after Orsini appealed the recommendation of an informal board at Norton in May that he be returned to active duty after his hospitalization for complications due to AIDS and Kaposi's sarcoma.

The Air Force Personnel Council in Washington recommended a medical retirement and the final decision was made in the office of Air Force Secretary Verne Orr, Purka said Aug. 20.

A panel at Lackland Air Force Base in San Antonio, Texas, had recommended that Orsini receive a medical discharge, which Orsini said would entail substantially less benefits and leave him "financially destitute."

A prepared statement from the Air Force said Orsini's medical retirement was "based on medical conditions result-

ing from acquired immune deficiency syndrome, or AIDS" and that the airman "is not medically qualified to perform his full range of military duties."*

Sheriff: AB1 Would Hinder Enforcement

San Diego Sheriff John Duffy has written a letter to the San Diego County Board of Supervisors asking them to oppose AB1, which would make job discrimination against gay men and lesbians against state law.

Duffy's letter said hiring homosexual law enforcement officers would "undermine public trust and be injurious to the efficiency of the Sheriff's Department."

His stand was attacked as "Neanderthal" by AB1 author Assemblyman Art Agnos, D-San Francisco.

Duffy "should realize that he is a law enforcement officer, not a preacher," Agnos said, and should "stop using his own definition of morality in his law enforcement duties."

Agnos said Duffy is the only law enforcement official in the state who opposed the bill during the current session of the Legislature.

In the letter, Duffy wrote: "The level of trust the public has granted its law enforcement officers carries for the officer the burden of maintaining their personal life in a manner which exemplifies the highest standards of integrity, trust and morality."

"Any act or pattern of behavior by a law enforcement officer which tends to impair the respect and confidence of the public in its police force diminishes the efficiency of the police force," he said.*

River City Ruggers Will Kick Off 6th Season In Oregon Tourney Oct. 6-9

The Sacramento Women's Rugby Club kicks off its 1983-84 season at the Martha Cleveland Autumn Tournament in Portland, Ore., Oct. 6-9. At least six teams—including San Francisco, Eugene, Ore., and Seattle—will compete at this annual Northwest affair.

"We have a lot of new, inexperienced players," said Sacramento coach Dotti Derry. "But we're already in better physical shape than any other Sacramento club has ever been, even at the end of a season."

Derry says the immediate team goal is to "have fun" and "learn the basics of rugby."

A member-club of the Northern California Women's Rugby Council (NCWRC), the River City Ruggers this season will square off against teams from Berkeley, Davis, San Francisco, San Jose, Santa Clara, Santa Cruz, Sonoma and Stanford. Berkeley is the defending NCWRC champion.

Sacramento looks ahead to a full season, which begins this month and includes five non-league games, eight league games, three tournaments, league

playoffs and a "Rep Side" All-Star game against Southern California in late spring.

Beside the Portland tournament, Sacramento will enter the Mid-Winter Classic, which will probably be at Long Beach, in January and the Santa Barbara Tournament in April.

Coming off a rebuilding year in which the team was 1-4-1 in league competition and 3-4-1 overall, Sacramento hopes to significantly improve upon that record this season. The club was born in 1977, with its full full season of play in 1978-79.

Founded in England, rugby is a kind of football and a forerunner to the American game. Each team consists of 15 players, action is continuous, and the oval ball may be passed, kicked or carried.

The Sacramento Women's Rugby Club practices at Miller Park in Sacramento Mondays and Wednesdays from 6-8 p.m. and Saturdays from 9-11 a.m.

Those interested in sponsoring or playing on a team may call Dianne Terwilliger, club president, at 447-4407.

Sacramento's first home game is against San Francisco Feb. 4 at Miller Park.*

AIDS Documentary Will Air On Channel 6 Sat., Oct. 8

"DIAGNOSIS: AIDS," a documentary exploring the social, psychological and medical aspects of the AIDS controversy, airs Saturday, Oct. 8 at 3:30 p.m. on KVIE/TV 6. Although AIDS most commonly strikes four high risk groups—sexually active multi-partnered male homosexuals, intravenous drug users, Haitian immigrants and hemophiliacs—it is perceived as a "gay disease"

Risk Reduction

From Page 3

anonymous sexual partners with whom body fluids (particularly semen) are exchanged.

I end this update with a line borrowed from Robert Zimmerman:

"How many deaths will it take till He knows

That too many people have died?

The answer, my friend, is blowing in the wind,

The answer is blowing in the wind."

WE ARE FIGHTING FOR OUR LIVES.*

because of its high frequency among homosexuals.

While the verdict is still out on its correlation with sexual preference and lifestyle, AIDS has infected the gay community with more than the infection. Fears of stereotyping, discrimination and backlash continue to grow. Victims of AIDS are being shunned by communities, fellow workers and, in some cases, friends and family.

In the wake of this crisis, "DIAGNOSIS: AIDS" talks with people who have AIDS, including Bobbi Campbell who is one of the longest-living persons with AIDS and has become a leading spokesman for fellow patients. The show also covers a recent conference of the nation's foremost medical experts on AIDS, many of whom are interviewed.

According to co-producer Dave Davis, "DIAGNOSIS: AIDS" has provided a unique opportunity to combine the latest medical knowledge on the disease and personal accounts of people who have it to examine the social and psychological impact the disease has had on society as a whole.*

National AIDS Vigil Will Bring Awareness To Capital Oct. 7-9

The National AIDS Vigil will be held on the Mall in Washington, D.C., on Saturday, October 8, at 5 p.m. The slogan of the Vigil is "We are all marching for our lives."

According to the organizers, the Vigil will provide an opportunity for diverse groups and individuals, gay and non-gay, who are concerned about AIDS, to voice their anger and concern in a national effort—and to show support for the various AIDS and KS networks across the country.

The Vigil will also be a forum in which participants can show persons with AIDS that thousands of people across the country do care about their lives and support their struggle to overcome discrimination in health care, housing, and jobs. It will provide a focus for demands for necessary federal funding for AIDS research.

Finally, the candlelight Vigil is a memorial to the nearly 700 people who have lost their lives to AIDS.

Several other events have been planned in Washington to coincide with the National AIDS Vigil.

Friday, October 7, will be Lobby Day, coordinated by the Gay Rights National Lobby and the Haitian Coalition on AIDS. Petitions supporting the objectives of the Vigil and a statement from the Haitian Coalition will be formally presented to the leaders of the House and Senate Appropriations subcommittees that oversee federal

AIDS funding. GRNL will furnish lobbying kits for people who wish to meet with their Representatives or Senators.

On Saturday, October 8, the day of the Vigil, an all-day hospitality suite will operate at the Badlands bar. From 3 to 5 p.m., the Whitman/Walker Clinic will sponsor a national AIDS educational forum, "Fighting for Life and Fighting the Disease." A panel of researchers, public health officers, health workers, and people with AIDS will discuss current medical research and the social and medical needs of persons with AIDS.

The Vigil itself will begin with assembly of state contingents on the Ellipse south of the White House at 5 p.m. Persons with AIDS will start lighting candles as marchers head north to Pennsylvania Ave. The march will continue east on Pennsylvania Ave. in front of the White House to the Capitol Reflecting Pool, where they will fan out onto the Mall.

Marchers will express their concerns about AIDS through silence or song. At a solemn program after the march, persons with AIDS will share their experience so that marchers will recommit their energies to fighting the deadly epidemic.

A post-vigil celebration on Sunday, October 9, will feature solo entertainers, choruses, and bands in a free open-air concert at P Street Beach, "the first national gay park."

For more information about the National AIDS Vigil, call (202) 463-8561.*

ITEMS

Rick Van Dyke is on vacation. Look for his column in the October 19 issue of The Star.



Rick Van Dyke

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CALENDAR

Wednesday, October 5

- * The STAR is published
- * Rap group for the "Worried Well." Led by Tom Richardson and Jackson Peyton. AIDS/KS Foundation office, 2115 J St., Suite 3. 7:30 p.m. For info, call 448-AIDS.
- * Clogging for beginners, presented by Ron Brewer and Sutter's Stompers. Call Joe, 441-1959, or Rich, 448-2036, for information. Volcano Room, Coloma Community Center, 4623 T Street. 7-8:30 p.m.

Thursday, October 6

- * Support group for women facing major life changes. Sponsored by Women Changing Direction. First Sacramento Women's Building, 2224 J St. child care available by prior arrangement. For information call 444-8050. 7 to 9 p.m.
- * Volleyball for men and women. Sponsored by Our River City Family. \$2.50 facilities fee. Call Paul, 447-1065, for information. Sacramento City College Women's Gym. 7-11 p.m.
- * Class: Color and Design for Textile and Fiber Artists. Taught by Maria Winkler. For fee and registration information call 442-9225 or 685-9644. Sponsored by Sacramento Center for the Textile Arts. Room 11, Sierra II, 2791 24th St. 7-9:30 p.m.

Friday, October 7

- * Wine/Cheese Reception and Art Auction of works by local Chicano and Native American artists. Sponsored by Raza del Ambiente. For more information contact Xavier at 756-1942. 1714 Poplar Lane, Davis. 6:30 p.m.
- * Sixth Annual California Men's Gathering. Loma Mar YMCA Camp. Through October 10. For information call 446-3460.
- * Davis Gay Task Force Potluck. 7:30 p.m. Call 758-2110 for place.
- * 13th Far West Regional Conference on Women and the Law. Sponsored by Women's Caucus of McGeorge School of Law. Call 739 7137 for information.
- * National AIDS Vigil Congressional lobbying day.

Saturday, October 8

- * Bike Ride sponsored by Our River City Family. For information call Paul, 447-1065. Bring sack lunch. Leaves Old Sacramento at 9 a.m.
- * SDA Kinship Potluck. 455-8940 for information.
- * Meg Christian Concert. Sponsored by Women's Caucus of McGeorge School of Law and McGeorge Lambda Law Students Association. Tickets \$8 at Lioness Books and Ticketron. Luther Burbank High School. 8 p.m.
- * 13th Far West Regional Conference on Women and the Law. Sponsored by Women's Caucus of McGeorge School of Law. Call 739 7137 for information.
- * National AIDS Vigil. Candlelight march past the White House to the Mall, Washington, D.C. 5 p.m.

Sunday, October 9

- * Worship Service. Young people's rap & social hour afterwards. River City Metropolitan Community Church, 2741 34th St.

454-4762. 11 a.m.

- * Dignity Mass/meeting. St. Francis Church, 26th and K Streets. 3 p.m. 444-8939 for info.
- * Chrysalis Neighborhood Church worship service. 3700 Y Street. 6 p.m. 736-0113 or 453-0791 for information.
- * 13th Far West Regional Conference on Women and the Law. Sponsored by Women's Caucus of McGeorge School of Law. Call 739 7137 for information.

Monday, October 10

- * Deadline to register to vote in the Nov. 8 Election for City Council and Mayor. Register and Vote!
- * American River College lesbian/gay students group, "Man to Man, Woman to Woman." Room D-401, Davies Hall. 1-2 p.m.
- * CSUS Lesbian & Gay People's Union 1171, for information.
- * Sacramento Chapter National Women's Political Caucus. Speakers on the Feminization of Poverty. Women's Building, 2224 J St. 7 p.m.
- * Assistant Sacramento Police Chief Jerry Finney speaks on "Personal Security and Self-Defense." River City Business Association general meeting. Incredible Edible. 8 p.m.

Tuesday, October 11

- * Monthly meeting of Advocates for Lesbian & Gay State Employees. incredible edible. 6 p.m.
- * Rap group for people with Lymph Node Syndrome and CMV. Led by Kristine Belnap and Jackson Peyton. AIDS/KS Foundation office, 2115 J St., Suite 3. 7:30 p.m. To register, call 448-AIDS.
- * Capital City Squares. Downstairs banquet room, Carousel Restaurant, Arden Fair Mall. 7 p.m.
- * Opening reception for one-man show of paintings by Robert Else. Exhibit continues through Nov. 12. Main Gallery, Rara Avis, 1725 I St. 7-9 p.m.
- * Raza del Ambiente, a lesbian/gay organization for Latinos/Latinas and Native Americans, meets. 2222 H St. 7:30 p.m. For more information, call Adrian, 446-2488.

Wednesday, October 12

- * Deadline for The STAR.
- * Clogging for beginners, presented by Ron Brewer and Sutter's Stompers. Call Joe, 441-1959, or Rich, 448-2036, for information. Volcano Room, Coloma Community Center, 4623 T Street. 7-8:30 p.m.
- * Sacramento Men's Collective open rap. La Semilla. 7:30 p.m. Call 441-1959 for information.

Thursday, October 13

- * Support group for women facing major life changes. Sponsored by Women Changing Direction. First Sacramento Women's Building, 2224 J St. child care available by prior arrangement. For information call 444-8050. 7 to 9 p.m.
- * Organizational meeting, River City BMW and Mercedes Benz Car Club. Call Cindy Jansson, 442-4639, for place. 8-9:30 p.m.
- * Volleyball for men and women. Sponsored by Our River City Family. \$2.50 facilities fee.

Call Paul, 447-1065, for information. Sacramento City College Women's Gym. 7-11 p.m.

- * Sacramento Peace Center Annual Fall Dinner. Nicaraguan food and music. Slide show and report from Nicaragua. \$7.50 donation; low income \$5; children \$3. Childcare by appointment. Freeport Blvd. Christian Church, Fresno at 5th Ave. 6 p.m. For more information, call 446-0787.

Sunday, October 16

- * Worship Service. Young people's rap & social hour afterwards. River City Metropolitan Community Church, 2741 34th St. 454-4762. 11 a.m.
- * Women In Dignity potluck. Call Alberta, 443-8084 (days) or Dignity phone, 444-8939, for time and place.
- * Chrysalis Neighborhood Church worship service. 3700 Y Street. 6 p.m. 736-0113 or 453-0791 for information.
- * Harvest Moon Gathering for Radical Fairies begins. 1000-acre gay-owned ranch in the Napa Hills. Runs through October 23. Call Joe, 441-1959, for more information.

Monday, October 17

- * Sacramento Rape Crisis Center training session for crisis line volunteers. Contact

Shaila Rao at 447-3223 by Wednesday, Oct. 12.

Tuesday, October 18

- * Capital City Squares. Downstairs banquet room, Carousel Restaurant, Arden Fair Mall. 7 p.m.
- * Rap group for people with Lymph Node Syndrome and CMV. Led by Kristine Belnap and Jackson Peyton. AIDS/KS Foundation office, 2115 J St., Suite 3. 7:30 p.m. To register, call 448-AIDS.

Wednesday, October 19

- * The STAR is published.
- * Rap group for the "Worried Well." Led by Tom Richardson and Jackson Peyton. AIDS/KS Foundation office, 2115 J St., Suite 3. 7:30 p.m. For info, call 448-AIDS.

Thursday, October 20

- * Support group for women facing major life changes. Sponsored by Women Changing Direction. First Sacramento Women's Building, 2224 J St. child care available by prior arrangement. For information call 444-8050. 7 to 9 p.m.

- * Class: Color and Design for Textile and Fiber Artists. Taught by Maria Winkler. For fee and registration information call 442-

9225 or 685-9644. Sponsored by Sacramento Center for the Textile Arts. Room 11, Sierra II, 2791 24th St. 7-9:30 p.m.

Friday, October 21

- * River City Democratic Club meeting and potluck. Senior Citizens Center, 27th & J St. 6:30 p.m.
- * CSUS Lesbian & Gay People's Union potluck. 7 p.m. Call Paul, 446-1171, for location.

Sunday, October 23

- * Worship Service. Young people's rap & social hour afterwards. River City Metropolitan Community Church, 2741 34th St. 454-4762. 11 a.m.
- * Chrysalis Neighborhood Church worship service. 3700 Y Street. 6 p.m. 736-0113 or 453-0791 for information.

Monday, October 24

- * CSUS Lesbian & Gay People's Union open rap group. Miwok Room, University Union, CSUS. 7 p.m. Call Paul, 446-1171, for information.

Tuesday, October 25

- * Capital City Squares. Downstairs banquet room, Carousel Restaurant, Arden Fair Mall. 7 p.m.
- * Parents & Friends of Lesbians & Gays Rap Group. Call 428-4348 for info.

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The Fitness Commitment: Aerobics

By RICK RUMAN

Aerobic exercise is any activity that exercises your muscles, heart, and lungs continuously over a period of time. It is not limited to Jazzercise, Dancercise, Dancergistics or any of the many other forms which come and go. Running, bicycling, and swimming are all aerobic exercises; tennis and racquetball are not (because of the stop-and-start nature of those sports). Dancing, if you do it vigorously for at least 12 minutes, is excellent aerobic exercise.

Unlike weight training, an aerobic exercise should be performed at least four days a week, but if you are serious about getting into shape, a six-day program will give you faster results. You needn't do the same exercises everyday. You may choose to alternate exercises so you don't get bored.

Aerobic exercise does have one advantage over weight training: it requires little or no equipment—some comfortable loose-fitting clothes and a pair of well-fitted athletic shoes are all you need. You can do it at home, alone, if you wish.

A good aerobic exercise is one which raises your heart rate to 65 to 80 percent of maximum (the training level) and keeps it there for at least 12 minutes. Depending on your current condition, that exercise may be anything from walking around the block to running vigorously.

Before starting an aerobic exercise program, you will need to determine your training heart rate, so you can choose the exercises which are best for you.

In order to calculate your training heart rate, you must first determine your maximum heart rate. Subtract your age from 220. (To make an easy example, let's take someone who is 20 years old. His or her maximum heart rate would be 200). *Never exercise at your maximum heart rate.*

220 Minus Your Age = Maximum Heart Rate

Next, determine your resting heart rate. Take your pulse for six seconds and add a zero to the result. It should be somewhere in the range of 60 to 90 beats per minute. Take your pulse several times during the day to arrive at an average. For our example, let's suppose it's 70.

To determine your training rate, subtract your resting heart rate (70 in the example) from your maximum heart rate (200 in the example gives us 130, and 65 percent of that is 84.5). Then add in your resting pulse rate (70) to determine your training rate (154.5). So a 20-year-old person with a resting pulse of 70 should maintain a pulse rate of 154 to 155 when exercising.

$$[(\text{Maximum Heart Rate minus Resting Heart Rate}) \times 65\%] \text{ plus Resting Heart Rate} = \text{Training Heart Rate}$$

Check your pulse as soon as you finish

A black and white line drawing of a man and a woman in a playful pose. The woman, on the left, is wearing a striped swimsuit and has her arms raised high. The man, on the right, is wearing a swimsuit and has his legs raised high, with his feet near the woman's head. The drawing is signed 'GENE' in the bottom left corner.

exercising (count for six seconds and add a zero). If you are 10 or more beats below your training rate, work harder next time. If you are above your training rate, slow down.

You may also want to check your recovery rate to measure your aerobic fitness. Take your pulse immediately following exercise, then wait one minute and take it again (for six seconds and add a zero). Subtract the second number from the first.

If your recovery pulse is 50 to 60 beats less

than your training pulse you are in excellent shape; 30 to 40 is good; 10 to 20 is poor.

As I mentioned above, there are many ways to get aerobic exercise—running, swimming, bicycling, roller skating—pick one that fits your particular goals and lifestyle. If you need encouragement and an impetus to get your exercise you may not want to choose one that you will do alone (swimming—or jogging in your living room to the strains of “Memories”).

If you decide to run, you may want to get a

friend to run with. This is also a good way to pace yourself. A good running pace is generally one at which you can comfortably converse.

You should keep in mind that running tends to thin down the upper body. You may want to combine it with weight lifting to maintain your upper body strength.

Aerobic exercise classes are offered by many gyms and aerobic salons and are currently quite popular. I find these classes a good deal of fun and very encouraging. As with weight training, it is best to pick a class that fits into your schedule comfortably so that you will stick with it.

Not all aerobic classes, or instructors, are alike, so shop around. Some instructors are knowledgeable about the exercises they put their classes through; some are not. It may be best to take classes from several different instructors until you find one you feel comfortable with and confident in.

A properly structured aerobic exercise class includes a warmup, so that muscles are flexible before vigorous activity begins. Beware of any instructor who starts his or her class with running in place. This is a good way to get injuries (such as shin splints—separation of the muscle from the shin bone—which can be very painful) from improperly stretched and warmed-up muscles.

The second stage of the class is generally the true aerobic portion, and usually includes running in place coupled with various upper body movements.

The final phases of the class may include floor exercise for the abdomen, legs, and/or buttocks, and cooling down and stretching to help prevent muscle soreness the following day.

If you have not been engaged in a physical conditioning program (and sometimes even if you have) you are bound to feel like a wreck the day following your first class if you go at it too hard. It may seem relatively easy while you're doing it, but the next day muscles you never knew you had will tell you it wasn't.

Take it easy and don't be discouraged if you can't make it through the whole class the first few times. I ignored both these warnings when I started and could hardly move the day following my first class. It took me a month before I was able to get through the entire class without stopping.

It is possible to get into shape solely with aerobic exercise if you are attending a class that provides a full body workout by incorporating calisthenics. It is a slow process and generally is not very effective for building muscle mass, but it does improve muscle tone and flexibility. It took me a year, doing only strenuous aerobic exercise four to five days a week, to get to the point where I felt I was in good shape. ★

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CHP Says School Bus Accidents Are Down 16 Percent

School bus accidents dropped 16 percent and student passenger injuries declined by one-third, continuing a four-year trend of improved student transportation safety conditions, according to the California Highway Patrol's annual school bus report for July 1982 to June 1983.

CHP Commissioner James E. Smith said the Patrol and other safety organizations are currently observing California's "School Bus Safety Awareness Month" through October 1. CHP will also participate in a "National School Bus Safety Week" set to start October 2. The Patrol certifies school bus drivers, and conducts safety inspections of pupil transportation equipment.

"Motorists should be alert in the presence of school buses year round," Smith said, "but with students now returning to school, it's a good time for a reminder that it is illegal when meeting or overtaking a stopped school bus that displays flashing red lights, to pass before the bus lights are switched off." ★